



April 4 - July 31, 2016



Check.

Know your blood pressure.



Change.

Get active. Eat healthy.



Control.

Keep your blood pressure
at a safe level.

Getting Started

1. Register for the program by May 15th!
Go to **heart360.org/HarrisCounty**.
2. Connect with our Check.Change.*Control*/Volunteer from your dashboard. **Search by Code: U7BLRH.**
3. Log your blood pressure measurement each week!



To receive 2017-18 HAMP credit, you must enroll by **May 15th** and log your blood pressure reading a minimum of 1 time per week for 12 weeks.

Weekly recordings do not have to be consecutive. **You MUST connect with the Check.Change.*Control* Volunteer (Code: U7BLRH) to be counted for credit.**

Check.Change.Control.

April 4 - July 31, 2016



The **Check.Change.Control.** program helps you better manage your blood pressure by tracking it with the American Heart Association's Heart360 online tool.

You don't have to have high blood pressure to participate. Regardless of your health condition, monitoring your blood pressure over a period of time can help provide you with a more accurate picture of your overall heart health.

Get started on the road to better health with Check.Change.Control!

Sign Up!

Sign up starting **April 4th!** Employees must enroll by **May 15th** and log their first BP reading to be eligible to receive HAMP credit.

Note: To use Heart360 you must have an email address.

1. Register for the program.

- Go to heart360.org/HarrisCounty. click "Don't Have An Account" and then "Get Started."
- You will be directed to the Microsoft HealthVault® where your health information will be secured. Be sure to make note of the username and password you select.

2. Connect with our Check.Change.Control Volunteer.

- From your Heart360 dashboard, click "My Connection Center." Next, click on the "Providers & Volunteers" heading.
- Enter Code: **U7BLRH** and click "Connect."

3. Log your weekly blood pressure readings!

- Take your blood pressure weekly and record the readings using your Heart360 dashboard.

Win Swag

Each month (April, May, June, July) 20 participants will be drawn for wellness swag. Participants must log their BP once each week to be entered in the monthly drawing.

Set Text Reminders

Heart360 allows you to set up text-message reminders* to enter your numbers. You may also text back your readings and they will be automatically added to your Heart360 profile.

*Standard messaging rates may apply.

For questions, contact Employee Wellness.

Email: wellness@bmd.hctx.net

Call: 713.274.5500, Option 9

Web: www.wellathctx.com

